

DEMPSEY®

CHALLENGE

Presented by



CELEBRATING 15 YEARS



2023 VOLUNTEER GUIDE



Happy 15th Anniversary
to the Dempsey Center

Thank You & Good Luck
to everyone rallying
together to make life
better for people
impacted by cancer.



D E M P S E Y[®]

C H A L L E N G E

Presented by



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VOLUNTEER ORIENTATION

To learn more about how this year's event will work and to learn more about your position, join us on Tuesday, September 19th at 6:00PM ET for Volunteer Orientation. This will be held via Zoom and you will have the chance to get any of your questions answered about your position.

Check your email for the invitation link below:

<https://dempseycenter-org.zoom.us/j/9317622878>

ROLE CHECK-IN

PACKET PICK-UP VOLUNTEERS

Packet Pick-Up is taking place at the Dempsey Center in Lewiston this year. Please report to 29 Lowell St., 5th Floor 30 minutes before your shift begins. You will receive your volunteer t-shirts at that time.

PRODUCTION + PRE-EVENT VENUE SET UP VOLUNTEERS

Please report to Simard-Payne Park (46 Beech St., Lewiston) at the start of your shift for a briefing from our production team and to be given your assignment.

STAGING, VENUE, FESTIVAL, + GREEN TEAM VOLUNTEERS

Please report to Simard-Payne Memorial Park, 46 Beech St., Lewiston to the Volunteer Check-In Tent. Please plan to arrive 30 minutes prior to your assigned shift to allow for parking, check-in, and further instruction. You will receive your volunteer t-shirt upon check-in.

SAG (SUPPORT + GEAR) DRIVERS

A mandatory meeting will be held at 6:00PM on Thursday, September 21st at the Hampton Inn (15 Lincoln St., Lewiston, Maine). You will receive your assigned route at that time.

COURSE MARSHALS

Marshals will be contacted directly by the Dempsey Challenge Technical Director, Will Smith, to review your specific post, providing training, etc.

REST STOP VOLUNTEERS

Proceed directly to your assigned Rest Stop at the designated time provided by your Rest Stop Captain.

CYCLING AMBASSADORS

You will receive all instructions and information directly from our Cycling Ambassador Lead, Rod Nadeau. Please check in with him with any questions.

VOLUNTEER FAQs



WILL LUNCH BE PROVIDED?

Complimentary coffee, water, and snacks will be provided to volunteers in the Volunteer Food + Rest Tent. Additionally, you can pre-purchase tickets for Breakfast or Lunch below.

BREAKFAST + LUNCH TICKETS

WHAT SHOULD I WEAR/BRING?

Be prepared for all types of weather by bringing raingear, sun block, hat/sunglasses, jacket, and comfortable shoes. You will receive a volunteer t-shirt upon arrival and we do ask that you wear that throughout your shift. If you are on the course, a folding chair is recommended. While we do have water available in many places in the park, we suggest bringing a water bottle to keep full throughout the day.

I REGISTERED ONLINE, BUT HAVE AN ISSUE WITH THE SHIFT I SIGNED UP FOR. HOW CAN I MAKE A CHANGE?

To make any adjustments to your schedule, please email Volunteer Coordinator, Vickie Rucker, at dempseychallengevolunteer@gmail.com.

A LOVED ONE IS PARTICIPATING IN THE EVENT, WILL I BE ABLE TO SEE THEM CROSS THE FINISH LINE?

In most cases, arrangements can be made to meet your loved one at the finish line. You will need to confirm your absence with your Volunteer Lead in advance. It is easiest to track your Challenger by downloading RaceJoy and requesting access to follow them on their route! The app can show you when they are approaching the finish line so you can plan accordingly.

ARE RESTROOMS AVAILABLE ON THE COURSES?

There are temporary toilets at each rest stop on the routes. This location will be communicated to you prior to heading to your course assignment. You will also receive the cell phone number of your Volunteer Lead should you need assistance on the course.

VOLUNTEER FAQs

WHAT IF THERE IS AN EMERGENCY WHILE I AM VOLUNTEERING?

Should an emergency arise, please let your Volunteer Lead know as soon as possible. Please call 911 in case of a medical emergency on the course. Staff will be wearing ash grey t-shirts and Medical Volunteers will be wearing red t-shirts.

IF MY SHIFT IS OVER AND I WANT TO CONTINUE TO VOLUNTEER, WHERE DO I GO?

Please check-in with your Volunteer Lead or go to the Volunteer Check-In Tent at the entry of the park to get another assignment. Thank you for your additional time!

CAN I ARRIVE WITH ADDITIONAL VOLUNTEERS WHO HAVE NOT REGISTERED?

While we highly encourage people to sign-up for volunteer positions in advance, we appreciate the spontaneous help as well! Please visit the Volunteer Check-In tent, just inside the park to see what roles may be available. Please note that t-shirts may not be available on event day. [New volunteers can register by visiting this link.](#)

CAN I BRING MY KIDS?

We encourage youth ages 12 and older to sign up as a volunteer but they must be accompanied by a parent or guardian who is also signed up to volunteer at the same position. Please be mindful of the job description and any age restrictions before signing up your youth volunteer.



**GOOD LUCK TO ALL THOSE
TAKING ON THE 2023
DEMPSEY CHALLENGE!**



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TOGETHER

Good Luck!

TO ALL PARTICIPANTS

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We run with the
Dempsey Challenge
to support cancer
survivors along
their journey...
one step at a time.

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Working together
to build better
lives and stronger
communities

PROUD TO SPONSOR
The 2023 Dempsey Challenge

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SATURDAY, SEPTEMBER 23RD



6:15a Park Opens to Challengers | Simard-Payne Park

7:00a Opening Remarks | Main Stage in Simard-Payne Park

7:30a
65-MILE RIDE START

7:45a
50-MILE RIDE START

8:15a
DUATHLON START

8:15a / 8:18a
5K RUN / WALK START

9:15a
25-MILE RIDE START

9:30a
WENDY'S WAY START

Please arrive 15 minutes prior to your event start time for staging.

8:30a - 3:00p Festival in the Park | Simard-Payne Park

11:00a Kids Fun Run | Start Chute on Oxford Street

1:00p Survivor Walk | Simard-Payne Park

1:15p Fundraising Awards | Main Stage



PARKING INFORMATION

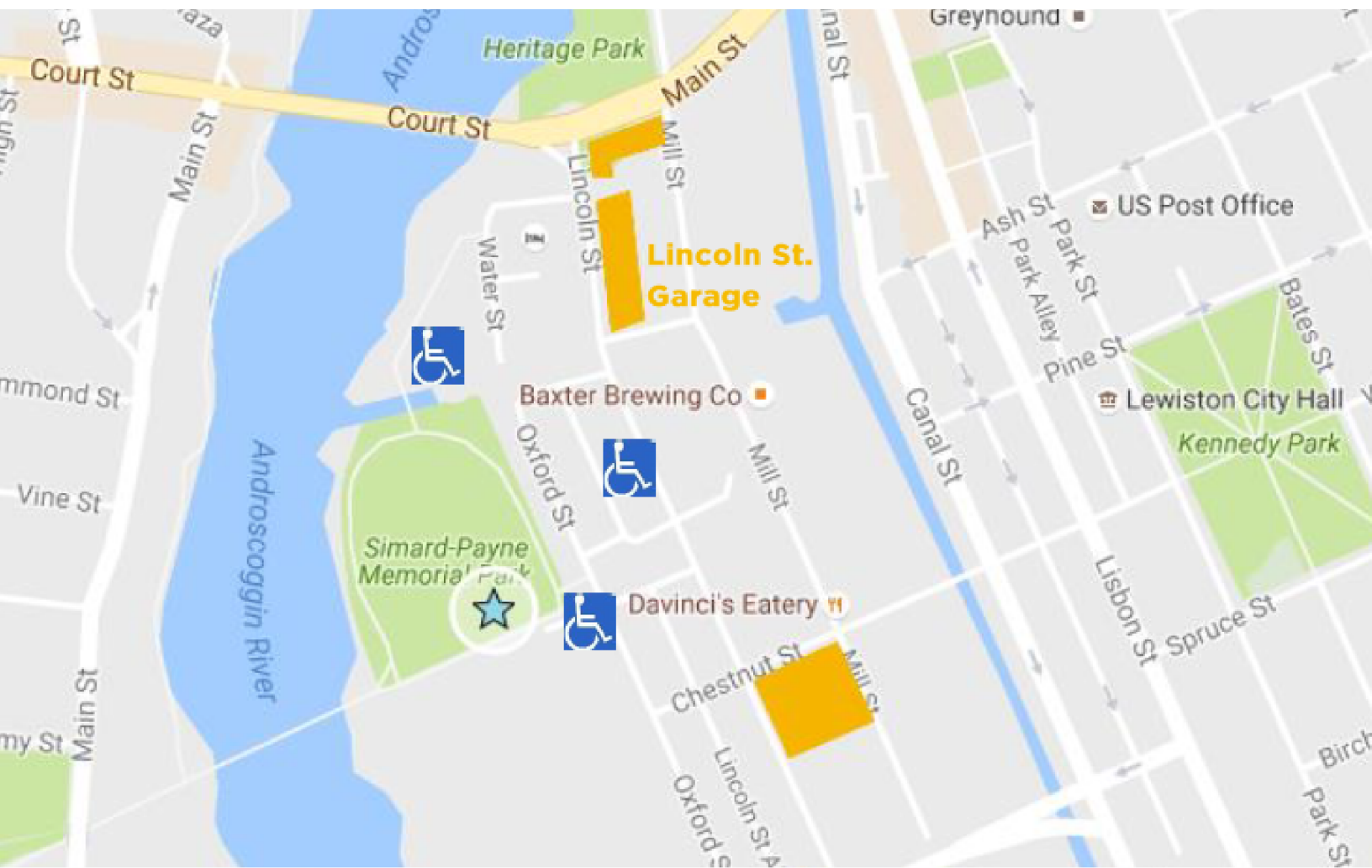
Simard-Payne Park | 46 Beech St. Lewiston, Maine 04240

PARKING LOTS + HOURS

Please park in any of the gold-shaded areas below. ADA Accessible parking can be found in the marked areas. Please do not park in the Hampton Inn parking lot unless you are a guest of the hotel. The Lincoln St. Garage and the Chesnut St. Garage are free to park on Challenge day.

NEED HELP?

After parking, please head into Simard-Payne Memorial Park. Here, you can fill up your water bottles, meet up with your team, pin on your bibs, and get ready to start your Challenge event! Have a problem with your bib or question about your event? Please visit the Customer Service Tent near the entrance of the park.



*GOOD LUCK TO EVERYONE RALLYING
TOGETHER TO MAKE LIFE BETTER FOR
PEOPLE IMPACTED BY CANCER.*



SPECIALIZED[®]



IN 2022

\$1,000,000

&

1 MILLION BOTTLES

DONATED TO MAINE'S COMMUNITIES

We've called Maine home for over 175 years and are proud to be part of the community. Over the past two decades, we have invested more than \$12 million in direct grants to Maine schools, local non-profits, fire and rescue teams, environmental conservation, and local and statewide causes.

MadeBetter™ is our pledge to a healthy planet and healthy communities.

Scan to learn more



FESTIVAL IN THE PARK

Our Festival in the Park is open to **EVERYONE!** Even if you aren't running, walking, cycling, or volunteering, there is space for anyone who wants to do some cheering!



OFFICIAL MERCHANDISE

Dempsey Goods, our official Dempsey Challenge merchandise will be for sale throughout the weekend. Cashless pay options will be available.

MAIN STAGE ENTERTAINMENT

Saturday, September 23rd

9:15 - 10:15A - Camp of Rock

10:30 - 11:30A - Continental Shakedown

11:45A - 12:45P - The Smith Collaboration

2:00 - 3:00P - Bazinga!

TEAM PHOTO WALL

Again this year, team photos will be available in the park on Saturday, presented by Dirigo Federal Credit Union. [Teams can register for a time slot on our website.](#)

KIDS FUN RUN

Registration for the Kids Fun Run will begin at 10:00AM at the Oxford Street Hydration Tent. There, we will have Mascot Meet + Grets and an opportunity to hang out with the Maine Nordiques hockey team! The run will begin promptly at **11:00AM** in the Event Start Chute on Oxford Street.

RUN/WALK + RIDE PHOTOS

Action shots will be taken on course and at the finish line. Photos will be uploaded to CrowdPic which uses number recognition to sort photos by Challenger. Riders—you will receive both a branded number bib for your back and a bike plate to attach to your bars for number recognition. The link to access these images will be sent after Challenge Weekend.

FOOD + BEVERAGE

Food is available to all Dempsey Challengers in a variety of ways,

For early morning fuel, we will have a "Grab n' Go" station open featuring muffins, coffee, fruit, and other quick options to get you ready for event. Grab n' Go options are \$5 and are available while supplies last.

The Food Tent will begin serving a Maine-Made Breakfast from 9:00 - 10:30AM, featuring pancakes, Maine maple syrup, fruit, locally-sourced sausage, and beverages (gluten-free options available!). Breakfast is included for all Runners, Walkers, Duathletes, and Riders. Challenge guests can purchase tickets for \$15 and also includes a ticket to the Maine Craft Beer + Wine Garden. Pre-sale begins Sept. 1st and ends Sept. 15th.

Lunch will open for service at 11:00AM until the last rider enters the park. This year, we are featuring Maine lobster rolls, vegetarian burritos, locally-sourced potato chips, whoopie pies, fruit, and more! Lunch is included for Duathletes and Riders ONLY. Runners, Walkers, and Challenge guests can purchase tickets for lunch for \$25, which also includes a ticket to the Maine Craft Beer + Wine Garden. Pre-sale begins Sept. 1st and ends Sept. 15th.

MAINE CRAFT BEER + WINE GARDEN

This year's Beer + Wine Garden will feature Maine Craft Brews, Seltzers, Wine, Bloody Marys, and Blueberry Mimosas. Tickets can be purchased for \$5 per ticket/beverage. Cash and credit/debit cards accepted. Must present a valid ID to enter.

ACCESSING THE MAINE CRAFT BEER + WINE GARDEN

To enter the Maine Craft Beer + Wine Garden Tent, you will need a bracelet. Bracelets can be picked up following an ID check at the entrance to the tent or at any ID check station.

Tickets are \$5 per ticket/beverage and can be purchased at ID check near the finish line, as well as just outside the Maine Craft Beer + Wine Garden. Challengers will receive one ticket for a complimentary beverage, attached to your bib.

COLTON + LEVIS'S LEMONADE STAND

NEW this year is a family-friendly lemonade stand, staffed by the Daniels Family—longtime Dempsey Challenge volunteers. Lemonade is free to everyone in the park!

BREAKFAST + LUNCH
TICKET PRE-SALE

Aroma Joe's®

PROUD TO SUPPORT THE 2023 DEMPSEY CHALLENGE



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Dempsey Challenge – Celebrating
15 years**

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and empowers you. And so should a
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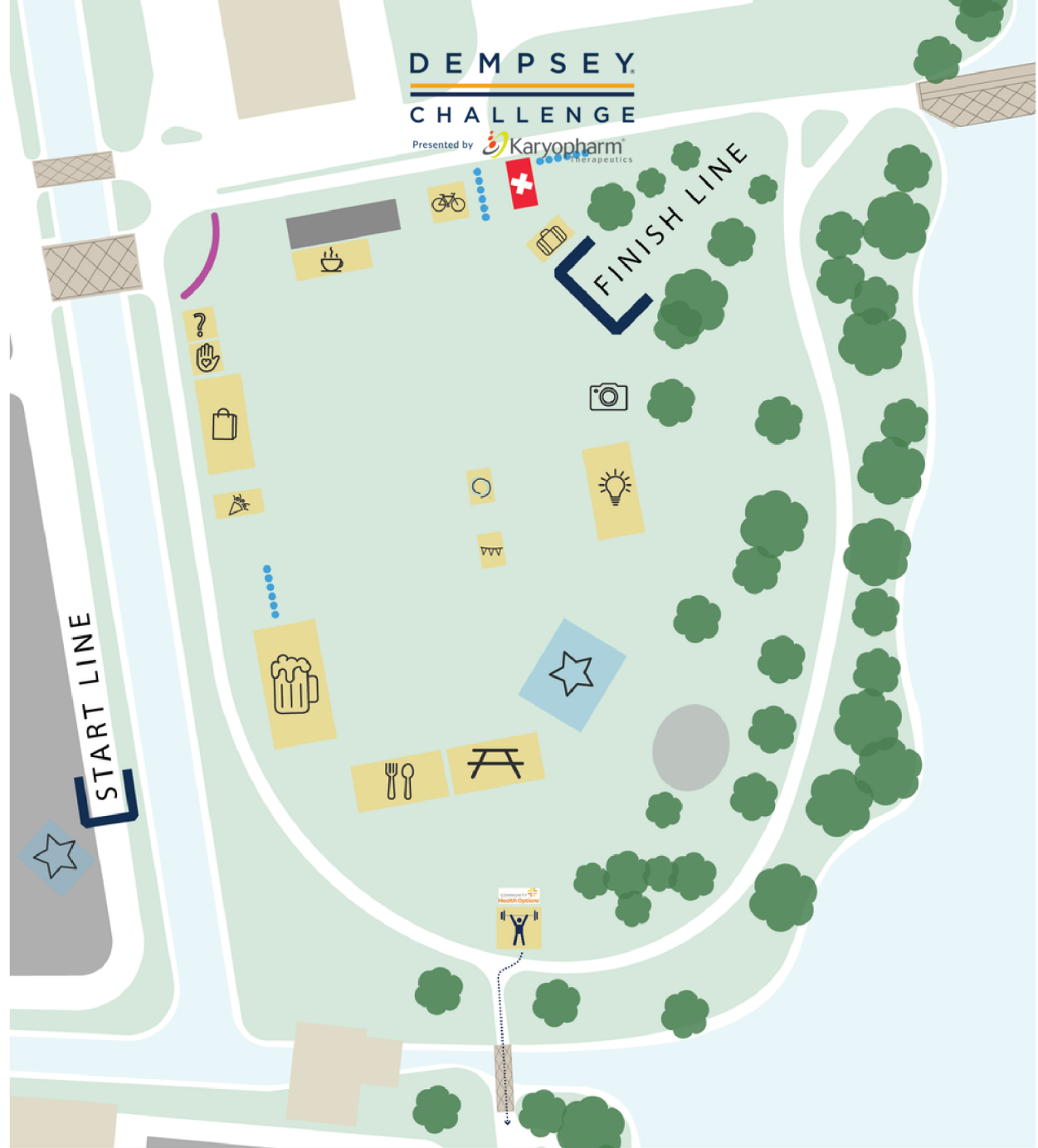
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DEMPSEY. CHALLENGE

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VENUE MAP

-  COMMUNITY HEALTH OPTIONS FITNESS COURT
-  MERCHANDISE
-  SEATING
-  HOSPITALITY
-  STAGE
-  BEVERAGE
-  MISSION
-  LUMINARY
-  KIDS ZONE
-  MEDICAL
-  BAG & BIKE CHECK
-  INCENTIVES
-  VOLUNTEER CHECK-IN
-  INFO
-  PHOTOWALL
-  COFFEE

-  WALKING PATH
-  TREES
-  TOILETS

OTHER INFORMATION

DAY-OF REGISTRATION

Online registration ends on September 19th at 11:59 PM ET, but you can still register at packet pick-up! For the smoothest experience possible, we ask that folks do not register on Challenge day. Please note that you still need to meet the fundraising minimum to participate in person.

STAGING + START TIMES

Please be sure to review your start time for your event. Because we are holding all events in one day this year, it is crucial that staging for events is done in a timely and organized fashion. Staging will begin 15 minutes prior to event start. We suggest that you arrive in Simard-Payne Park at least 45 minutes prior to event start time for a smooth start. Thank you for your cooperation!

ATM

We will have an ATM on site this year. Cashless options will also be available for payment in the Maine Craft Beer + Wine Tent and Merch Tent.

ROUTE MAPS

Full route maps for all Local Challenge events can be found on our website under the "Rally" tab. Please review before your event and stay safe!

SAFETY PRECAUTIONS

Please be sure to wash and/or sanitize your hands often, maintain social distance where you are able, and consider fist and elbow bumps in lieu of high fives. Additionally, we hope that all those who join us in the park respect the decisions regarding masking made by fellow Challengers, staff, volunteers, and attendees.

RECYCLING + COMPOSTING

Please join us in reducing our impact on the environment by composting food scraps and recycling other materials by placing waste in their designated bins. Our Green Team, presented in conjunction with our partner, Casella, thank you in advance!

NO SMOKING

Per City of Lewiston ordinance, smoking is prohibited in Simard-Payne Memorial Park. We ask that you do not smoke on the course or at any Dempsey Challenge-related functions.

DOG POLICY

Friendly, leashed dogs are welcome to join us in Simard-Payne Park. Please be courteous and respectful of others and clean up after your furry friend.

OTHER INFORMATION

WEATHER SAFETY

Barring severe weather conditions, the Dempsey Challenge will proceed despite poor weather. Runners, walkers, and riders should be prepared for high winds, a wide range of temperatures, heavy rainfall, or even snow.

Given that weather can change during the events, weather-related announcements may need to be issued after your event begins. Please continue to check social media, alert signs at Rest Stops, or in RaceJoy.

Dempsey Challenge reserves the right to postpone event start times, reduce ride length, restrict ride options, or cancel the ride to ensure the safety of its participants. We will do everything we can to communicate any changes promptly. In all cases, Challengers are responsible for their own safety and should use their best judgement when deciding whether or not to continue if severe weather conditions exist. SAG Drivers will be on hand should you need to stop participating and need to get back to Simard-Payne Park.

**Hampton by Hilton Lewiston-Auburn
wishes all participants and volunteers
a very successful Dempsey Challenge!**



**And CONGRATULATIONS on 15 remarkable years!
Thank you all for making a difference!**

THANK YOU!

The very first Dempsey Challenge was held in 2008, welcoming walkers, runners, and cyclists to Lewiston, Maine all with the goal of making life better for people impacted by cancer. 15 years later, while the event has grown and morphed over the years, the mission has remained the same.

Dempsey Challenge is the flagship fundraising event for the Dempsey Center, allowing us to provide no-cost support services to cancer patients, survivors, care partners, and their loved ones. Every dollar raised by you, our Challengers, directly benefits the Dempsey Center and, in turn, helps to make life better for thousands of people impacted by cancer in Maine and beyond.

We are so grateful for all of you who have taken on the Challenge for all 15 years, to all of you who are taking the Challenge on for the first time, and to everyone in between. Because of you, people are able to access services such as oncology counseling, support groups, education, nutrition consultations, movement + fitness classes, massages, and so much more while on their cancer journey. And they get to do so all at no cost.

Thank you for Celebrating, Honoring, and Rallying Together with us for the past 15 years. We wouldn't be where we are today without your support.

Thank you,

*Dempsey Challenge Team
Dempsey Challenge Local Organizing Committees
Dempsey Center Staff + Board of Directors*



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#DempseyChallenge
#RallyTogether
#15YearsofDempseyChallenge

LUMINARY TENT SPONSOR

Challengers who raised over \$10,000 and Sponsors are welcome to join us in the Luminary Tent on Challenge Day to enjoy private food, drinks, and seating.

Powering partners



Serving our communities means
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It also means investing our energy
in organizations across Maine.

We're happy to support the 2023
Dempsey Challenge!



THANK YOU TO ALL OUR SPONSORS + PARTNERS!

